

Turkey & Ham Club Wrap (LR100097)

HACCP Process: Process 2: Same day service
 Allergens: Contains Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA, 1/2 Veg-O
 Number of Servings: 1.00 Serving Size: 1 wrap
 Moisture gain/loss%: 0.0000 Yield: 7 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Tortilla, 10" Whole Wheat Tortilla, Don Pancho, 79341.02205, WGR SI104605	1 tortilla
				Vegetable, Lettuce, Iceberg, Shredded, Morkon, Veg-O SI101441	1/2 cup (washed)
				Ham, Deli Sliced Cooked, Berks, 5200, MMA SI104687	1 ounces
				Turkey, Sliced Turkey Ham, .51oz, Jennie-O, 2565, MMA SI100184	2 1 slice, 1/2 oz
				Cheese, American Cheese, Pasteurized Processed, Reduced Sodium, 160 slice, Land O'Lakes, MMA SI101422	2 slice cheese
				Bacon, Pork, Cooked, Farmland Foods Inc. 70247125000, Non-Creditable SI100665	1 slice cooked

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	41.66	20.63	34.88	24.45	3.775

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
189.443	8.769	4.342	0	33.205	527.882	16.518	2.299	1.788(M)	11.579	1.012	120.904	153.259	0.204	(M)	(M)

Nutrients per serving (195.747 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
370.829	17.166	8.5	0	64.997	1033.31	32.333	4.5	3.5(M)	22.666	1.98	236.666	300	0.4	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.